

# Football Training Card

Two-day starting framework for healthy adults familiar with the movements

## **SESSION A: approximately 50-60 minutes**

0-10 min: easy movement, unloaded patterns and lighter rehearsal sets.

10-20 min: experienced runners only: 4 x 10 yd accelerations, full recovery.

20-45 min: goblet squat 2 x 6-8; incline push-up 2 x 6-10; row 2 x 8-10.

45-55 min: supported split squat 2 x 6/side; suitcase carry 2 x 20 sec/side.

55-60 min: easy walk and record the session. Rest longer whenever needed.

## **SESSION B: use a separate, recoverable day**

After warm-up: controlled slowing practice, then familiar strength work.

RDL 2 x 6-8; comfortable dumbbell press 2 x 6-10; cable row 2 x 8-10.

Low step-up 2 x 6/side; Pallof press 2 x 8/side. No need to add sprints.

Keep 2-3 good repetitions available. Do not rush to fit the time estimate.

## **Date / session / next practice**

## **Exercises, loads and actual repetitions**

## **Next-day response and next-session adjustment**

Stop for sharp/increasing pain. New runners should build tolerance before speed work.

Full context: [primeformen.com/football-specific-workouts/](https://primeformen.com/football-specific-workouts/)